

School Lunch Weekly Menu 07.04.2025 - 11.04.2025

Grupp

ages 10-12

	Monday, 7.April	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Beef Bourguignon		150	164	10.60	11.25	5.61	9
Steamed cauliflower		50	13	0.96	0.12	2.76	
Herb roasted potatoes		50	65	1.42	1.37	12.06	
Pearl (Israeli) Couscous		50	63	1.92	1.30	10.94	1
Swede and apple salad		60	23	0.45	0.18	5.48	
Carrot and cauliflower salad		60	40	0.62	2.61	4.38	
Chinese cabbage salad with dill		60	23	0.97	1.38	1.98	
Salad dressings		3	17	0.03	1.83	0.07	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Raisins		10	32	0.21	0.04	7.75	
Dairy Products (Drinks)		125	70	4.56	3.32	5.66	2
Variety of bread		50	144	4.10	1.68	26.62	1;11;2
Pear and carrot snacks		150	57	1.05	0.60	13.72	
		Total :	727	27.57	26.99	97.77	
Buckwheat stir fry vegetables		250	348	8.76	14.17	49.09	
Bechamel sauce		60	42	2.04	1.42	5.45	1;2
	Tuesday, 8.April	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Broccoli and cheese patties		50	77	3.70	3.57	8.11	2;3
Cottage cheese sauce		100	139	9.36	8.00	2.69	2
Roasted swede		50	28	0.62	1.18	4.44	
Steamed buckwheat		50	60	2.08	0.70	11.60	
Cooked barley		50	57	1.45	0.35	12.39	1
Chinese cabbage salad with cucumber		60	22	0.83	1.35	1.82	
Pumpkin and cranberry salad		60	29	0.42	1.89	3.11	
Daikon salad		60	23	0.61	1.57	2.08	
Salad dressings		3	17	0.03	1.83	0.07	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Raisins		30	97	0.63	0.12	23.25	
Dairy Products (Drinks)		0	0	0	0	0	2
Variety of bread		25	72	2.05	0.84	13.31	1;11;2
Apple and daikon snacks		150	53	0.54	0.46	12.93	
		Total :	689	23.00	23.17	96.54	
Mushroom stew		150	92	3.17	5.80	7.32	1;2
	Wednesday, 9.April	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Chicken in paprika marinade		50	88	12.59	4.12	0.27	
Spicy tomato sauce		100	64	1.94	0.22	12.99	
Roasted celeriac		50	29	0.82	1.64	3.50	9
Mash potato		50	69	1.46	2.36	10.64	2
Steamed rice		50	65	1.26	0.54	13.65	
Beetroot salad (with garlic)		60	36	0.95	1.32	5.17	
Rainbow red cabbage salad		60	30	0.68	1.65	3.83	
Daikon and cucumber salad		60	8	0.51	0.06	1.79	
Salad dressings		12	67	0.14	7.31	0.29	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Raisins		20	65	0.42	0.08	15.50	
Variety of bread		35	101	2.87	1.18	18.63	1;11;2
Orange and swede snacks		150	55	1.58	0.30	13.12	
		Total :	693	25.90	22.09	100.12	
Stir fry vegetables		150	80	2.17	4.26	10.20	
	Thursday, 10.April	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Fish pasta		250	403	14.95	15.37	51.46	1;4
Roasted beetroot with herbs		50	30	0.96	0.62	5.26	
Cucumber and zucchini salad with herbs		60	22	0.54	1.58	1.59	
Swede salad with celery and apples		60	21	0.51	0.17	5.10	9
Chinese cabbage salad with dill		60	23	0.97	1.38	1.98	
Salad dressings		3	17	0.03	1.83	0.07	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Raisins		10	32	0.21	0.04	7.75	
Variety of bread		20	57	1.64	0.67	10.65	1;11;2
Apple and kohlrabi snacks		150	48	0.52	0.42	11.92	
		Total :	671	21.01	23.39	96.52	
Sweet potato and bean hot pot		150	147	3.45	5.94	20.54	
Steamed rice		50	65	1.26	0.54	13.65	
Herb roasted potatoes		50	65	1.42	1.37	12.06	
Tzatziki sauce		60	30	1.55	1.14	3.45	2
	Friday, 11.April	Amount, g	Kcal	Protein, g	Fats, g	Carbohydrates, g	Allergens
Turkey shashlik		50	79	10.31	3.79	0.87	
Greek tomato sauce		100	56	1.01	2.63	7.41	
Steamed garden peas and sweet corn		50	42	2.06	0.30	8.57	
Cooked pasta		50	80	2.08	1.47	14.30	1
Cooked lentils		50	79	5.42	0.38	11.78	
Sauerkraut salad with onions		60	37	0.61	1.34	5.73	
Beetroot salad with leeks		60	25	0.97	0.12	5.14	
Cabbage and carrot salad		60	33	0.71	1.38	5.17	
Salad dressings		13	73	0.15	7.92	0.31	10;2
Mixed seeds		3	16	0.68	1.31	0.74	11
Raisins		12	39	0.25	0.05	9.30	
Variety of bread		15	43	1.23	0.50	7.99	1;11;2
Banana and white cabbage		150	96	1.72	0.38	22.28	
		Total :	698	27.20	21.57	99.59	
Chickpea and vegetable hot pot		250	215	5.26	10.11	26.59	

Weekly average :	696	24.94	23.44	98.11
10 day average :				

For more detailed information about the food names, ingredients and allergens please ask the service staff or contact via email: tootearendus@balticrest.com

Drinking water is available free of charge every day in the school canteen.

We offer up to 0.25 liters of milk or dairy products per school day per student.

We have joined the European Union's School Milk and Fruit Scheme.

School

Canteen Manager